



## Black Skillet Cornbread

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



570 kcal

BREAD

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 4 tablespoons butter melted
- 1 cup buttermilk
- 1 cup cheddar cheese grated
- 1 cup cornmeal fine
- 1 eggs lightly beaten
- 1 cup flour

- 0.5 cup corn frozen thawed
- 2 jalapeño peppers minced
- 1 Dash salt
- 1 tablespoon sugar

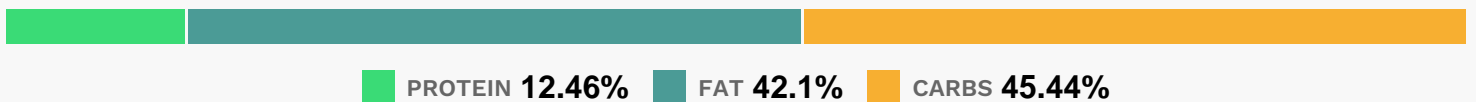
## Equipment

- bowl
- frying pan
- oven
- knife
- wire rack

## Directions

- Preheat oven to 375 degrees. Grease a 9 – 10–inch cast iron skillet or a 9 inch square pan.
- In a large bowl combine cornmeal, flour, sugar, baking powder, baking soda and salt. In a liquid 2 cup measure or a small bowl, mix together the egg and the buttermilk. Stir buttermilk mixture into dry ingredients.
- Add corn, 2/3 cup cheddar cheese and minced jalapenos. Stir in melted butter and mix gently.
- Pour batter into prepared pan and top with remaining cheddar cheese.
- Bake for 20–25 minutes or until broken down and an inserted knife comes out clean.
- Let cool for 5 minutes and remove from pan to a cooling rack

## Nutrition Facts



## Properties

Glycemic Index:103.4, Glycemic Load:38.24, Inflammation Score:-7, Nutrition Score:18.18347827248%

## Nutrients (% of daily need)

Calories: 569.81kcal (28.49%), Fat: 26.88g (41.35%), Saturated Fat: 14.6g (91.25%), Carbohydrates: 65.27g (21.76%),  
Net Carbohydrates: 59.92g (21.79%), Sugar: 6.93g (7.7%), Cholesterol: 105.87mg (35.29%), Sodium: 840.49mg  
(36.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Calcium: 405.43mg (40.54%),  
Phosphorus: 391.83mg (39.18%), Selenium: 26.93µg (38.47%), Vitamin B2: 0.5mg (29.16%), Vitamin B1: 0.43mg  
(28.7%), Manganese: 0.52mg (25.89%), Folate: 94.53µg (23.63%), Fiber: 5.36g (21.43%), Zinc: 3.04mg (20.27%),  
Iron: 3.4mg (18.89%), Vitamin A: 919.65IU (18.39%), Magnesium: 72.9mg (18.23%), Vitamin B6: 0.36mg (17.98%),  
Vitamin B3: 3.29mg (16.43%), Vitamin B12: 0.7µg (11.62%), Potassium: 358.3mg (10.24%), Vitamin B5: 0.99mg  
(9.94%), Copper: 0.2mg (9.77%), Vitamin D: 1.17µg (7.8%), Vitamin E: 0.91mg (6.08%), Vitamin K: 3.01µg (2.87%),  
Vitamin C: 2.23mg (2.71%)